

Health and lifestyle

How is your health in general?

- ☐ Very good
 - ☒ Good
 - ☐ Fair
 - ☐ Bad
 - ☐ Very bad
-

Have you ever been told by a doctor that you have asthma?

- ☒ Yes
 - ☐ No
-

Have you ever been told by a doctor that you have a heart or lung disease?

- ☐ Yes
 - ☒ No
-

Do you ever smoke cigarettes?

- ☒ Yes
 - ☐ No
-

How many cigarettes a day do you usually smoke, including those you roll yourself?

- ☐ Fewer than 1 a day
 - ☐ 1 – 5 a day
 - ☐ 5 – 14 a day
 - ☐ 15 – 24 a day
 - ☐ 25 a day or more
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other

foods.

- ☐ Fewer than 1 a day
 - ☐ 1 – 2 a day
 - ☐ 3 – 4 a day
 - ☐ 5 a day or more
-

And how often do you usually eat fish or shellfish?

- ☐ Every day
 - ☐ Several times a week
 - ☐ Once a week
 - ☐ Several times a month
 - ☐ Once a month
 - ☐ Less than once a month
 - ☐ Never
-

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...

How much sleep do you estimate that you **typically** get, per day?

Please select...

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[« Previous](#)

[Next page »](#)